

## ABSTRACT

An information recording apparatus comprising:

5 a recording device capable of recording information into a data area of  
an information recording medium, by irradiating laser light, in conformity  
with a predetermined error correction method;

an optimum-recording-power detecting device for obtaining an  
optimum recording power of the laser light, by recording test writing data  
into a data area portion with a length which is equal to or less than an  
10 allowable defect length in the predetermined error correction method, within  
the data area, by using said recording device; and

a controlling device for controlling said recording device to record the  
information into the data area with the obtained optimum recording power.